

60 DAYS SCALE DOWN CHALLENGE

*Open for Micare members only

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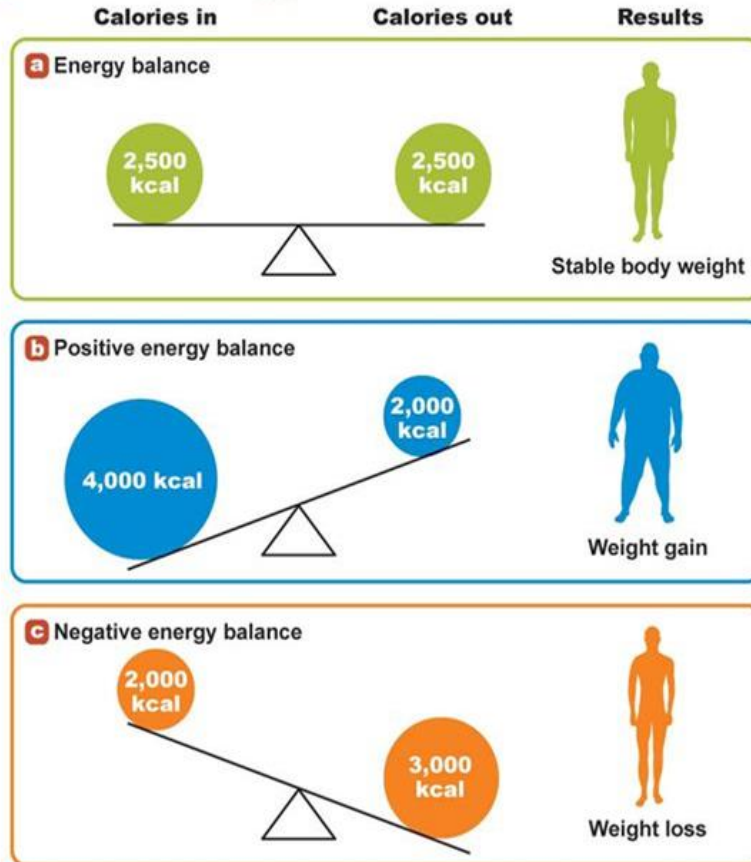


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Diet for Weight Loss

The Concept of Energy Balance



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- The key to weight loss is creating a negative energy balance.
- Calories or energy intake has to be lower than energy expenditure! Diet is a key factor in getting the balance right!
- Energy balance is achieved when calorie-intake (food intake) is balanced with calorie expenditure (physical activity).
- Individuals gain weight when calorie or energy intake exceeded energy expenditure while, individuals lose weight when the energy expenditure exceeded the energy intake over a period of time

What should a weight loss Diet looks like?

Ketogenic diet?

Low carbohydrate diet?

Intermittent fasting?

MALAYSIAN HEALTHY PLATE



- Guidelines to prepare a complete and healthy meal by focusing on types and portion of food chosen
- Based on the quarter-quarter-half concept (suku suku separuh)





KEYWORDS FOR BALANCED DIET

CALORIES

Energy intake (calories) should be in balance with energy expenditure

LIMIT FREE SUGAR

Sugar intake should be less than 10% of total energy intake

ADEQUATE FAT INTAKE

Total fat should not exceed 30% of total energy intake



KEYWORDS FOR BALANCED DIET

SALT INTAKE

less than 5 g per day (equivalent to sodium intake of less than 2 g per day)

FRUITS & VEGETABLES

At least 400 g (five portions) of fruit and vegetables per day

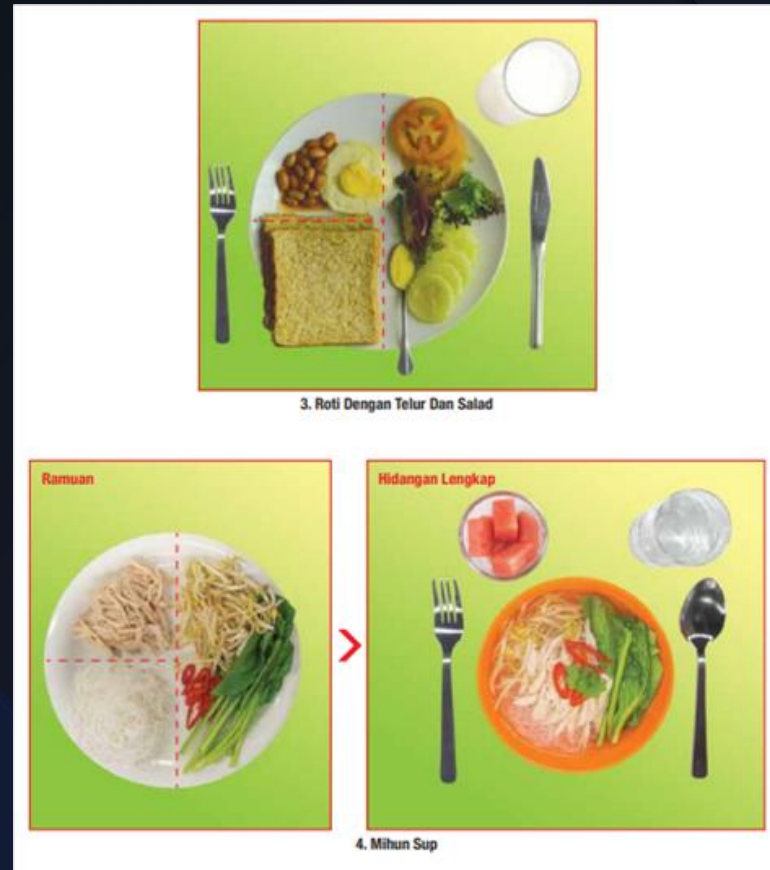
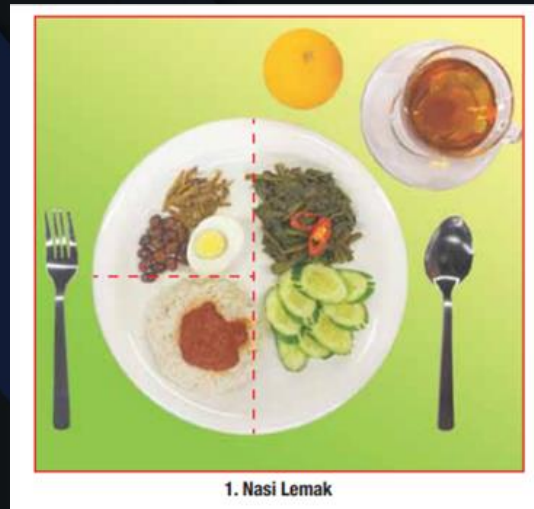
REGULAR MEALTIME

3 main meals and add 1-2 healthy snacks between main meals at regular time

How To Make a Healthy Plate?

1. Use the Malaysian Healthy Plate for your daily main meals
 - a. Fill in the first quarter of your plate with rice/ other cereals
 - b. Fill in the second quarter of your plate with fish/ poultry/ meat/ egg/ legumes
 - c. Fill the other half of your plate with vegetables and fruits
2. Drink plain water or unsweetened beverages with the meal.
3. Consume milk or milk products as recommended.
4. Add legumes as snacks if legumes are not included in your main meals.
5. Limit additional soy sauce, tomato sauce, chili sauce and gravies high in salt, sugar and fat to your main meal.







3. Nasi Ayam



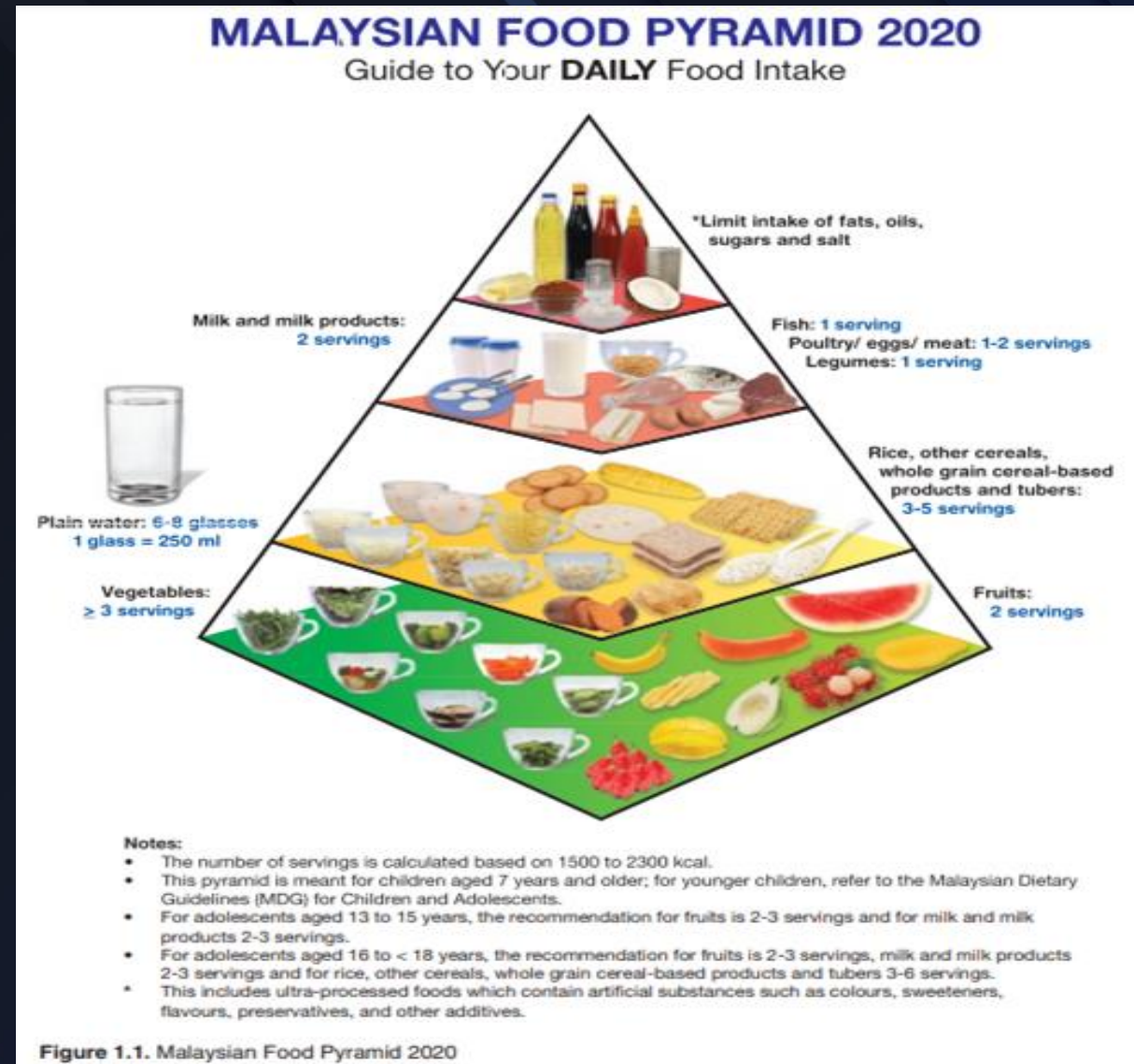
4. Nasi Goreng

PORTION SIZE

- **Moderation is a key to healthy diet : eating the right amount of foods to maintain a healthy weight and to optimize the body's metabolic process**
- **Eat according to your calorie intake - Difference from others depending on your age and physical activity level**

Calorie = CARBOHYDRATE (50 - 60%) +
PROTEIN (10 - 20%) +
FAT (25 - 35%)

Portion size is based on the Malaysian Food Pyramid



Example of serving size according to calorie

Table 1.1: Recommended number of servings for each food group based on 1500 kcal, 1800 kcal and 2000 kcal per day

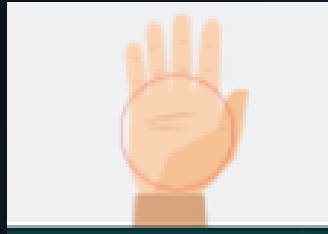
Food group	Recommended number of servings		
	1500 kcal*	1800 kcal*	2000 kcal*
Vegetable ¹	≥ 3	≥ 3	≥ 3
Fruit ²	2	2	2
Rice, other cereals, wholegrain cereal-based products and tubers ³	3	4	5
Poultry/ Meat/ Egg ⁴	1	1	2
Fish ⁵	1	1	1
Legumes (combine bean, lentil and soy) ⁶	1	1	1
Milk & milk products ⁷	2	2	2
Fats /oils (including 1 serving from nuts and seeds) ⁸	6	8	9
Sugar ⁹	1	1	2

Notes:
 Tips to remember, the more physically active you are, the more calories are required per day. However, if you are very sedentary, less calories are needed per day.
¹ Calorie free
² Based on 15 g carbohydrate and 60 kcal per serving;
³ Based on 30 g carbohydrate, 4 g protein, 1 g fat and 150 kcal per serving;
⁴ Based on 14 g protein, 8 g fat and 130 kcal per serving;
⁵ Based on 14 g protein, 2 g fat and 70 kcal per serving;
⁶ Based on 40 g carbohydrate, 14 g protein, 0.5 g fat and 220 kcal per serving;
⁷ Based on 15 g carbohydrate, 8 g protein, 1 g fat and 90 kcal per serving;
⁸ Based on 5 g fat and 45 kcal (including 1 serving of nuts & seeds = 5 g of fat and 65 kcal);
⁹ Based on 15 g CHO and 60 kcal. 1 serving of sugar = 3 teaspoons; 1 teaspoon = 5 g of carbohydrate and 20 kcal.
 Sources: Suzana *et al.* (2015); *RNI (2017)

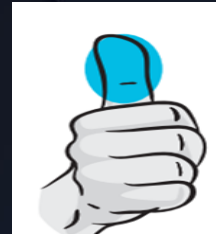
Concept of hand rules



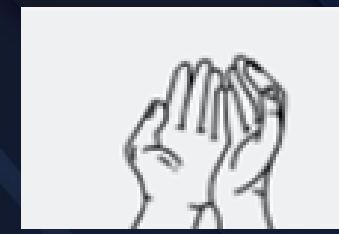
CARBOHYDRATES



PROTEIN



FAT



VEGETABLES

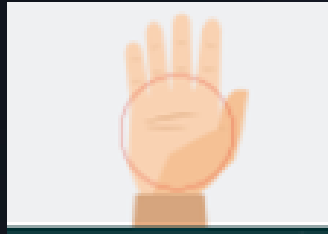
Hand portion table

FOOD CATEGORY	HAND PORTIONS	MACRONUTRIENT	CONVENTIONAL MEASUREMENT EQUIVALENT
Proteins	1 palm	~20-30 g	~3-4 oz (85-115 g) cooked meat / tofu, 2 whole eggs, 1 cup Greek yogurt
Vegetables	1 fist	N/A	~1 cup non-starchy vegetables
Carbohydrates	1 handful	~20-30 g	~1/2-2/3 cup (100-130 g) cooked grains / legumes, 1 medium fruit / tuber
Fats	1 thumb	~7-12 g	~1 tbsp (14 g) oils, nuts, seeds, nut butter, cheese, etc.

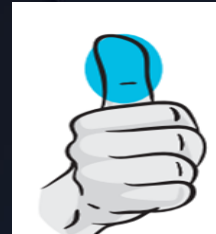
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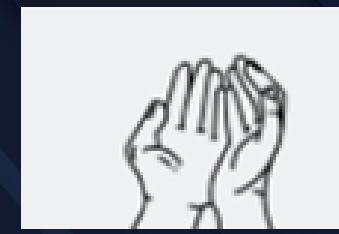
CARBOHYDRATES



PROTEIN



FAT



VEGETABLES

For each meal you might begin by eating:

- 1-2 fists of carbohydrates
- 1-2 palms of protein-dense foods
- 1-2 thumbs of fat-dense food
- 1 handful of vegetables